

# Sample Preventive Care Checklist

Ages 40-49

Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_

## PHYSICAL EXAMS

SCREENING	FREQUENCY	DATES	DOCTOR	COMMENTS
Health Maintenance Exam (HME)	Every 2-3 years			
Height, Weight, Blood Pressure	Every year			
Clinical Breast Exam (CBE)	Every year			
Mammogram	Every Year			
BMI Screening	Every Year			
Cholesterol Screening	Every Year			

## SCREENINGS

SCREENING	FREQUENCY	DATES	DOCTOR	COMMENTS
Prostate Screening	Every Year			
Depression Screening	Every Year			

## COUNSELING AND EDUCATION

SCREENING	FREQUENCY	DATES	DOCTOR	COMMENTS
Diet and Nutrition Counseling	Every Year			
Alcohol and Substance Abuse Counseling	Every Year			
Tobacco Use Counseling	Every Year			
Sexual Health	Every Year			
Skin Cancer Prevention	Every Year			
Mental Health Assessment	Every Year			
Physical Activity Assessment	Every Year			

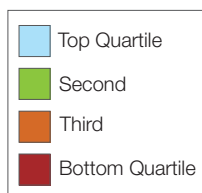
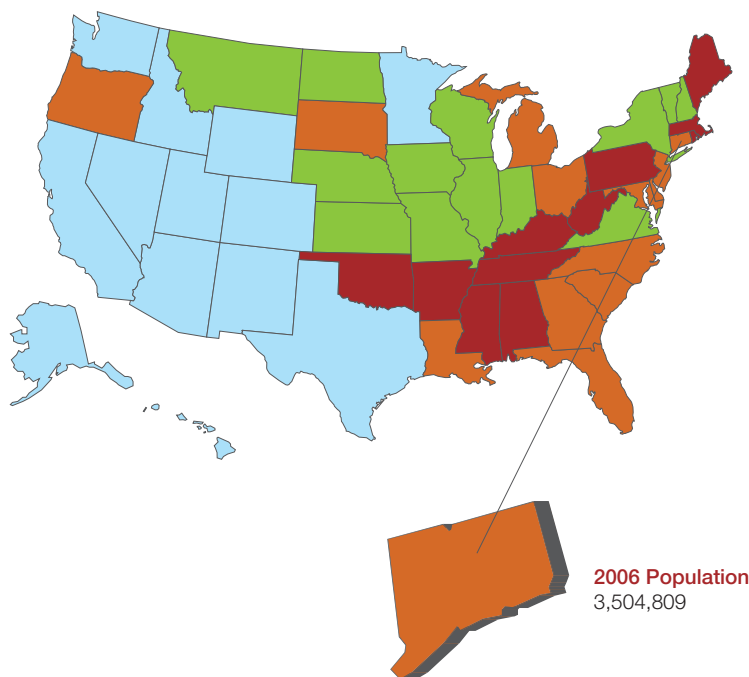
## Current Toll on Connecticut TODAY

Nearly 2 million cases of seven common chronic diseases — cancers, diabetes, heart disease, hypertension, stroke, mental disorders, and pulmonary conditions — were reported in Connecticut in 2003. These conditions shorten lives, reduce quality of life, and create considerable burden for caregivers. The following map shows how states compare based on the prevalence of the seven common chronic diseases.

### Reported Cases in Connecticut, 2003 (and as % of population\*)

<b>Cancers:</b>	136,000	(4.0%)
<b>Diabetes:</b>	147,000	(4.4%)
<b>Heart Disease:</b>	224,000	(6.6%)
<b>Hypertension:</b>	434,000	(12.9%)
<b>Stroke:</b>	30,000	(0.9%)
<b>Mental Disorders:</b>	408,000	(12.1%)
<b>Pulmonary Conditions:</b>	611,000	(18.1%)

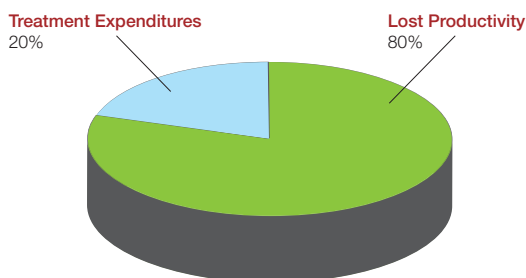
\* As % of non-institutionalized population. Number of treated cases based on patient self-reported data from 2003 MEPS. Excludes untreated and undiagnosed cases.



#### Milken Institute State Chronic Disease Index

States in the top quartile have the lowest rates of seven common chronic diseases.

**And while the human cost is enormous, the economic cost also is great.** The cost of treating these conditions — without even taking into consideration the many secondary health problems they cause — totaled \$3.3 billion in 2003. These conditions also reduce productivity at the workplace, as ill employees and their caregivers are often forced either to miss work days (absenteeism) or to show up but not perform well (presenteeism). The impact of lost workdays and lower employee productivity resulted in an annual economic loss in Connecticut of \$12.9 billion in 2003.



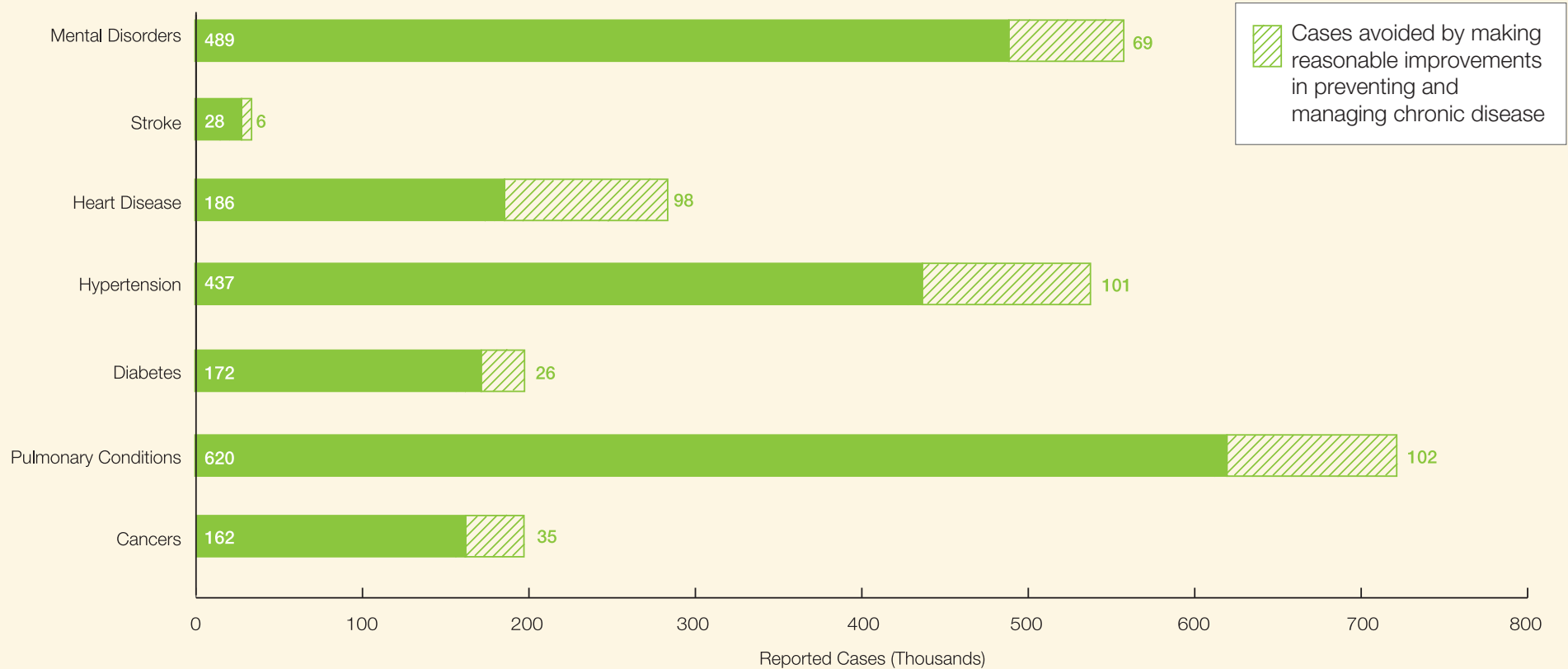
### Economic Impact in Connecticut 2003 (Annual Costs in Billions)

Treatment Expenditures:	\$3.3
Lost Productivity:	\$12.9
<b>Total Costs:</b>	<b>\$16.2</b>

Figures may not sum due to rounding.

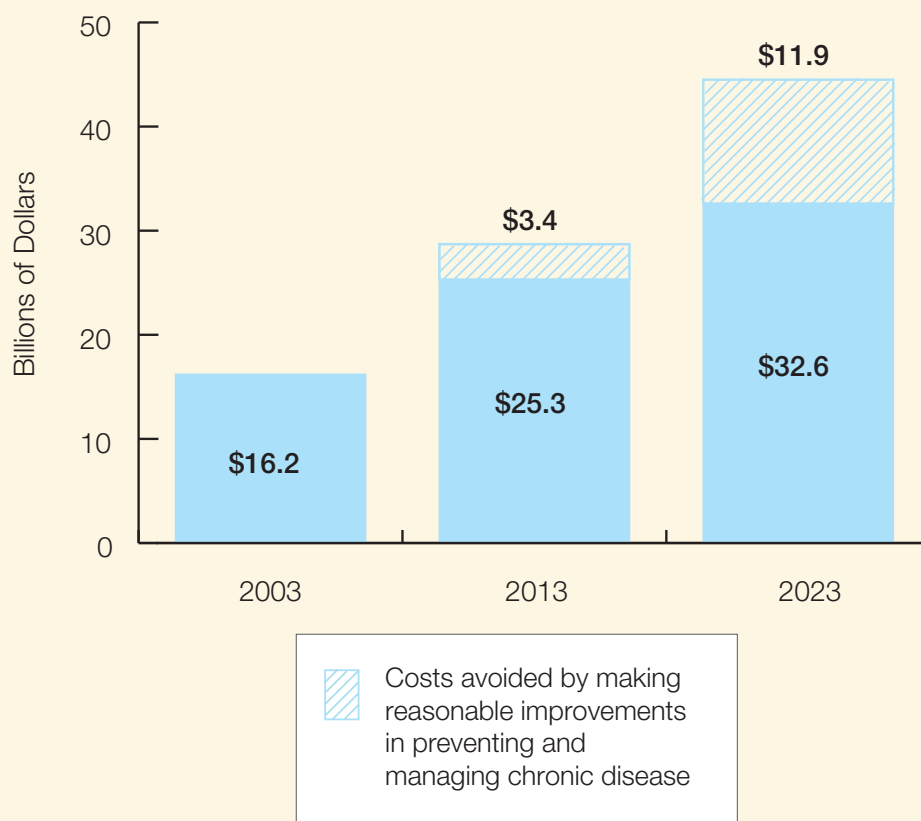
# Two Paths, Two Choices

## Estimated Number of Chronic Disease Cases in 2023 (in thousands)



By Milken Institute, "The Economic Burden of Chronic Disease on Connecticut"

## Projected Annual Economic Costs of Chronic Disease 2003-2023 (in billions)



## Avoidable Costs in 2023 (in billions)

	Treatment Expenditures	Lost Productivity	Total
Current Path	\$7.6	\$36.9	\$44.5
Alternative Path	\$5.7	\$26.9	\$32.6
<b>Costs Avoided</b>	<b>\$1.9 (25%)</b>	<b>\$9.9 (27%)</b>	<b>\$11.9 (27%)</b>